



General Mills North America Foodservice
**Gold Medal(TM) Wondra(TM) Quick Mixing Flour Enriched
 Bleached Malted 50 Lb**



Gold Medal(TM) Wondra(TM) is an instantized, quick mixing flour. Available in a 50 lb package, with a 10.9% protein level.

Brand		Manufacturer			Product Category	
Gold Medal Wondra		General Mills North America Foodservice			Flour	
MFG #		GTIN		Pack	Pack Desc.	
58995000		10016000589954		1	1/50 lbs	
Gross Weight	Net Weight	Country of Origin		Kosher	Child Nutrition	
51.00 lbs	50.00 lbs	United States of America		Yes	No	
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
23.50 inches	15.75 inches	4.85 inches	1.04 cu ft	5x10	279 days	32.00 / 95.00 FAH

INGREDIENTS

Wheat Flour Bleached, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid.

HANDLING

Store in cool dry location. RAW FLOUR IS NOT READY-TO-EAT AND MUST BE THOROUGHLY COOKED BEFORE EATING. TO PREVENT ILLNESS FROM NATURALLY OCCURRING BACTERIA IN WHEAT FLOUR, DO NOT EAT OR PLAY WITH RAW DOUGH OR BATTER; WASH HANDS AND SURFACES AFTER HANDLING.

SERVING

Makes deliciously smooth sauces and gravies easily, without lumps. Use it for pop-overs and dusting flour too.

PREP & COOKING

Follow instructions on the package

Nutrition Facts

756 servings per container

Serving size **30gr**

Amount Per Serving
Calories **110**

% Daily Value*

Total Fat 0gr **0%**

Saturated Fat 0gr **0%**

Trans Fat 0gr

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 23gr **8%**

Dietary Fiber 1gr **3%**

Total Sugars 1gr

Includes 0gr Added Sugars %

Protein 3gr

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 1.3mg **8%**

Potassium 0mg **0%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

ALLERGENS

Free From Not Tested

Milk, Eggs, Fish, Crustacean, Molluscs, Tree Nuts, Peanuts, Nuts, Sesame, Soy



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NUTRITION ANALYSIS

Calories	110	Total Fat	0 gr	Sodium	0 mg
Protein	3 gr	Trans Fats	0 gr	Calcium	0 mg
Total Carbohydrates	23 gr	Saturated Fat	0 gr	Iron	1.3 mg
Sugars	1 gr	TPolyunsaturated Fat	0	Potassium	0 mg
Dietary Fiber	1 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	0 mg	Phosphorus	0
Vitamin A(IU)	0 mcg	Vitamin D	0 mcg	Thiamin	0.2 mg
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	0 mg	Folate	80 mcg	Riboflavin	0.1 mg
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0